



# **Building Strong Families**

## ***Through Health Pt. 1***



**How Can Families  
Be Healthier?**

# Lead by example



# Start 'em young



# Be active together



# Cook together



# Eat together



**WE NEED TO TEACH OUR CHILDREN  
TO EAT REAL FOOD.**

**NO FAST FOODS.**

**NO JUNK FOODS.**

**NO PROCESSED FOODS.**

**JUST HONEST, NUTRITIOUS, REAL FOOD.**



# Healthy Habits Chart

	EXERCISED TODAY			ATE FRUITS AND VEGETABLES TODAY		
NAMES →						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

# What does the Bible say about healthy living?





## **1 Corinthians 6:19-20**

**"Do you not know that  
your bodies are  
temples of the Holy  
Spirit, who is in you,  
whom you have  
received from God?  
You are not your own;  
you were bought at a  
price. Therefore honor  
God with your bodies."**

A wooden cutting board with a tomato, garlic, and a knife. The tomato is red with a green stem, and the garlic is white. The knife has a black handle and a silver blade. The text is engraved on the board.

SO WHETHER YOU  
*Eat or Drink*  
WHATEVER YOU DO,  
DO *all* TO THE  
*Glory of God*

1 CORINTHIANS 10:31